

A BUDDHIST BOOK

THE PATH OF TRUTH

*How to find the path of truth
through spiritual awakening*



STEVE JAMES WATSON

Copyright © 2023 by Steve James Watson

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except as permitted by U.K. copyright law. For permission requests, contact info@buddhistwisdom.org.

Book Cover by Steve James Watson

Illustrations by Steve James Watson

1st edition 2023

Table of Contents

1. Preface:.....	3
2. Introduction:.....	5
3. History of the Buddha:.....	13
4. The Present Moment:.....	16
5. Anger:.....	19
6. Death:.....	22
7. Suicide:.....	25
8. God:.....	28
9. Karma:.....	30
10. Suffering:.....	33
11. Meditation:.....	36
12. Fear.....	39
13. Consciousness:.....	42
14. Aliens:.....	45
15. Love:.....	49
16. Cosmology:.....	51
17. Awakening:.....	54
18. The Cosmic Body:.....	57
19. The Holographic Universe:.....	60
20. Jesus Christ:.....	63
21. Interbeing:.....	66
22. Rebirth Realms:.....	70
23. Reality:.....	73
24. Time:.....	76
25. Cultural Conditioning:.....	80
26. Healing:.....	83
27. Final Conclusion:.....	86

Preface

This ebook is a deep dive into the teachings of Buddhism and beyond that I cover in depth. There is a primary goal of this ebook, and that is to provide you with the most interesting teachings of Buddhist philosophy from teachers such as Thich Nhat Hanh, Alan Watts, and the Buddha himself.

With the inclusion of themes such as aliens and the nature of reality, this ebook pushes the envelope on what can be taught about these subjects. In order to provide the best experience for the reader, I have compiled some of the best research on the subject that I have done myself to provide the best information on it.

Unlike many books, I won't waste your time with a lot of fluff that you don't need. In this ebook, we will discuss a wide range of interesting subjects in an effort to help you understand them better. As part of this ebook, I will also discuss the paranormal using my own experiences as an example.

In the hope that this book will be useful to you on your journey, I hope that you will find it interesting.

Thank you very much, Namo Buddhaya,

The author, Steve.

Introduction

During the late 1990s, I became interested in the paranormal and witnessed a few UFO sightings. As a child or teenager, I didn't believe any of these things. During the 90's, I watched the X-files, which sparked my interest. So this is where I began my awakening journey.

Throughout school, I was often bullied, which was not an enjoyable experience for me. However, I laughed a lot of it off at the time because I was brave. Where most would have folded over being bullied, I did not. Over time, this experience only made me braver.

Early in the 2000s, I experienced my first UFO sightings. As a result of these experiences, I knew I would never be the same. When I was driving around making deliveries, I saw a number of orbs of light dancing in and out of the clouds over my hometown.

It was an interesting sighting since I had never seen anything like it before. A second sighting occurred while I was also driving after this one. Going to work, I saw what

appeared to be a metallic orb as I drove down a country lane.

It only lasted a few seconds before disappearing. There was no doubt in my mind that this was a pivotal moment in my life. Following these sightings, I had a fairly long break without seeing anything else. In 2008, I began to experience more strange phenomena.

When I observed the night sky for a few minutes, I noticed strange stars moving around. This seemed odd to me at the time, but I didn't think much more about it until a few months later.

At this point, I realized something was happening in the skies above us. The UFO sightings I witnessed between 2014 and 2017 were even more amazing than the ones I had experienced previously.

I would like to share my past experiences with UFOs here. This phenomenon is neutral to me as a Buddhist. This is what I experienced, and Buddhism does believe in beings from other planets. There isn't a large departure from the Buddhist message in this ebook.

Here is the following report as I witnessed it:

BRIGHT OBJECT OVER BERKSHIRE, UK, 5/15/2014

It was night-time, around 10:30 pm when I was standing at my bedroom window looking out at the stars. There were a few stars out, but not that many, so the sky was pretty clear for the most part. As I continued to admire the beauty of the night sky, some object moved straight into view. I don't know where it came from because it appeared so quickly. As it continued to fly past my house, it suddenly stopped dead in the sky and performed a circular motion in a matter of seconds and then flew off at great speed. I would say it was no larger than a star at night, but it was a very bright object.

It appeared to leave the Earth very quickly, and it literally just vanished. I have to say it was the most amazing sighting of a UFO I have ever seen, and I am still baffled by what it was. Was it an e.t. craft? Yes, I believe it was. All I know is, no Earth-based technology could have pulled off this manoeuvre. It just looked out of this world. I wish I had filmed it, but as usual, I never have my camera on hand to catch these things. The high strangeness didn't stop either; it continued to get even stranger as the months went on. After this first sighting, I hadn't seen

anything else for about a year. Then in 2016, I experienced another sighting which was also pretty amazing.

Here is the following report as I witnessed it:

BRIGHT YELLOW LIGHT OVER BERKSHIRE 01/14/2016

On January 14th, 2016 at 5:30 p.m. in England, Berkshire, I saw a bright yellow light in the distance, almost as bright as the moon, but slightly smaller in size. As I observed, it was moving very strangely with short burst movements. It would move a little bit then stop and move again. It was very low in the sky, about the same height as treetops. As I continued to watch, it moved behind a chimney for a few seconds, before it came out at the top of the chimney, revealing itself again. This bright yellow light suddenly became dimmer and kept moving vertically in the sky.

Eventually, it was so dim it became as bright as a distant star. Shortly after that it just vanished from view.

Unfortunately, I was interrupted by a family member at the time it went, so I missed part of the sighting. However, this all happened in a matter of about two minutes I would say. I had not seen anything quite like it. Certainly, it was not a plane; I did wonder if it was a helicopter, but it was moving rather strangely, plus it left so quickly,

which almost rules out a helicopter I think. I do not believe there was any sound, but I was inside the house looking out of my window. So it's hard to say if there was any sound; I certainly don't recall any at all.

After this sighting, it wouldn't be until a year later that I had my most active year: 2017 which featured the most astonishing UFO sightings I have had. Here is the following report I made the day I witnessed these objects:

In early 2017, in the evening, I witnessed an object moving towards the house. It was just a bright orb. As it moved towards me, it suddenly illuminated only in a matter of seconds before dimming right down again and then the object just flew off into the distance. As with previous sightings, it was as if the object had seen me and was just acknowledging me. Also, following on from that sighting was yet another. As I was standing looking out of the window I looked straight up and all of a sudden an object flew into view. As I watched it, it suddenly slowed right down, all in a matter of seconds, then sped up again and went out of view. Unfortunately, I didn't document the exact date and time of the sightings as described above.

Here is the following report of a large object in the sky:

A CLUSTER OF LIGHTS OVER ENGLAND, UK, 15/11/2017

On November 15th, 2017 I observed a strange object in the sky. As I was looking out of the window, I noticed a cluster of lights in the distance, which I could see through a gap in the trees. The lights were barely visible, only slightly illuminated. As I continued to observe, these clusters of lights suddenly illuminated brightly, all together, not separately from each other. This all happened in a matter of seconds when suddenly the lights disappeared. What I noticed from the sighting was there seemed a line of some sort within the cluster of lights.

In terms of the number of lights, there seemed to be around ten all in a row. It was at an angle in the sky, so not straight at all. After it disappeared, I continued to watch just in case it came back. As I was watching, I noticed intermittent illuminations happen, after so many seconds. This continued for around 20 minutes. So the object was still there in the sky but seemed as if it was hiding to a large degree. Difficult to say what it was for sure, but I'd never seen anything like it before. Also, another thing I noticed was an energy in the sky, which was like something out of Star Trek. These lights or

energy appeared in the sky in a matter of seconds, then vanished from view. It was as if this large object beamed itself to another dimensional reality

Conclusion

I believe based on these experiences that life in the universe exists without a shadow of a doubt. I also feel that at least these beings are no threat to me, otherwise, I would have known by now. In terms of recent disclosure I feel we do need the truth of what's happening in this universe. We need answers to these questions and the relationship we have to other dimensional beings and civilizations.

As I was searching for a particular faith, I started studying Buddhism in 2017 because I believed it was what I had been searching for in my life for so long. I began reading books and watching videos about the subject. Eventually, I came across the teachings of Thich Nhat Nanh, Alan Watts, and Buddha.

My life was completely transformed by these teachings and I found that they resonated with me deeply. My journey has been interesting, I no longer fear death or

anything else. The transition to the other side of the veil now excites me.

Additionally, I have had experience contacting the other side. It happened in 2009. As a result of difficulties with some souls there, I am no longer in communication.

However, one positive thing it did was to make me aware that we exist after death. That's how sure I am, you can take it to the bank and stash it. Additionally, I have had experience contacting the other side.

It happened in 2009. As a result of difficulties with some souls there, I am no longer in communication. However, one positive thing it did was to make me aware that we exist after death. That's how sure I am, you can take it to the bank and stash it.

The following pages will introduce you to the vast knowledge of Buddhism. This research has taken a while to compile, so I hope you enjoy it. It is very useful, interesting, and informative for anyone on the Buddhist path.

Lets begin...

The Historical Journey of Buddha: A Tale of Enlightenment

Introduction:

The history of Buddha, also known as Siddhartha Gautama, is a captivating tale that spans centuries and continents. From his humble beginnings as a prince in ancient India to his ultimate path to enlightenment, the story of Buddha holds profound significance for millions worldwide. In this ebook, we will delve into the captivating history of Buddha, exploring his life, teachings, and lasting impact on human spirituality.

1. Early Life:

Born in 563 BCE in Lumbini, Nepal, Siddhartha Gautama was destined to be a prince. Shielded from the sufferings of the world, he lived a sheltered life within the palace walls. However, a series of encounters with the harsh realities of life - old age, sickness, and death - prompted him to question the purpose of existence and seek answers beyond material wealth and power.

2. The Great Renunciation:

At the age of 29, Siddhartha Gautama made a life-altering decision. Leaving behind his luxurious lifestyle and familial responsibilities, he embarked on a spiritual quest to understand the nature of human suffering and find a path to liberation. Renouncing his princely status, he became an ascetic, engaging in rigorous self-discipline and meditation.

3. The Enlightenment:

After years of dedicated practice and exploration of various spiritual teachings, Siddhartha Gautama sought solace under the Bodhi tree. It was here, in Bodh Gaya, India, that he experienced a profound revelation. On the night of the full moon in May, Siddhartha attained enlightenment, becoming the Buddha, meaning "the awakened one."

4. The Teachings:

Following his enlightenment, the Buddha spent the next 45 years of his life traveling across ancient India, sharing his insights and teachings with all who were willing to listen. Central to his philosophy were the Four Noble Truths, which acknowledged the existence of suffering, its causes, its cessation, and the path leading to its end – the

Eightfold Path. These teachings, collectively known as Buddhism, offered a practical and compassionate approach to living a meaningful life.

5. Legacy and Impact:

The teachings of Buddha spread far and wide, reaching beyond the borders of ancient India. As his disciples carried his message to various parts of Asia, Buddhism took root and evolved into diverse schools and traditions. From Theravada Buddhism in Southeast Asia to Mahayana Buddhism in East Asia, the Buddha's teachings continue to guide millions of individuals on their spiritual journeys.

6. Modern Relevance:

In the face of modern challenges, the teachings of Buddha remain as relevant as ever. With their emphasis on mindfulness, compassion, and the pursuit of inner peace, Buddhism provides a profound framework for navigating the complexities of our contemporary world. From mindfulness meditation practices to the concept of interdependence, the wisdom of the Buddha continues to inspire and guide individuals in their quest for personal growth and enlightenment.

Conclusion:

The history of Buddha is not merely a story of a man who found enlightenment; it is a timeless narrative that transcends cultures and religions. Siddhartha Gautama's journey from prince to the awakened one serves as a beacon of hope and inspiration for all who seek answers to life's profound questions. Through his teachings, the Buddha offers humanity a path to find peace and liberation, reminding us that enlightenment is within reach for all who are willing to embark on the journey.

Thich Nhat Hanh and the Power of the Present Moment

Thich Nhat Hanh, a renowned Buddhist monk, author, and peace activist, has dedicated his life to spreading the teachings of mindfulness and the importance of living in the present moment. His profound insights and practical wisdom have touched the lives of millions around the world.

In today's fast-paced and technology-driven world, it is easy to get caught up in the chaos and lose touch with the here and now. We often find ourselves constantly thinking

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

